

Public Response Request:

Dry Needling

On 11 September 2015, a handful of Iowa licensed acupuncturists attended the Iowa Board of Physical and Occupational Therapy's Meeting. On the agenda was time to discuss whether physical therapists should be able to perform an acupuncture technique called Dry Needling. All of the acupuncturists in attendance spoke against PTs performing this invasive therapy, but physical therapists in attendance argued for the "Dry Needling" acupuncture technique to be allowed. Following this meeting, the Iowa POT Board will allow public input on this matter *only until October 29*. Then they will deliberate and make a final decision in December. The Board published the following statement:

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All submissions must be received by October 29, 2015." The Board is located in the Lucas Building, at 321 E 12th St, Des Moines, IA, 50319.

Feel free to use this sheet to record your opinion on this public safety matter, so that your opinion may be submitted to the Board. You may also send letters or emails directly to the Board.

Please check any and all boxes for who you think should be able to use acupuncture needles:

Yes No

- Licensed Acupuncturists, 2500+ hours of education(including 700-900 hours of supervised clinical internship) resulting in Nationally Accredited Graduate Degrees.
- Doctors of Chiropractic, 100 hours of non-accredited, certified training.
- Physical Therapists, minimum 24 hours of training in Dry Needling.
- Athletic Trainers, minimum 24 hours of training in Dry Needling.
- Medical Doctors, with 0 to 300 hours of training.

Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Sara Seger

Only well trained professionals should be allowed to do
acupuncture. A small amount of training is not enough
to properly know how to treat a patient with
 more on back...

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Judy L DeVries

THERE IS NO WAY I WOULD LET ANYONE EXCEPT A
LICENSED ACUPUNCTURIST NEAR ME FOR TREATMENT.

THIS DISCIPLINE REQUIRES MANY HOURS OF TRAINING,
 more on back...

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Jim Boardman

It seems obvious who should be using the needles.

1000's of hours with intense supervision by qualified

practitioners compared to those whose main ~~focus~~ focus

is not acupuncture — which one of these more on back...

others, including Medical Doctors would most wise

people want attending them? I would say number one.

Your Name: Jim Boardman

I have been taken care of by qualified acupuncturists for five years and I also have gone to medical doctors

when I needed them. Each have a service to offer me. If I want acupuncture treatment, I will go to the most qualified; if I need medical attention, acupuncture will not be enough; I will go to a medical doctor who has the skill to meet my need.

Acupuncture is not a "step-child" in the healing community. I want those who practice to be highly qualified and not look upon their art as one more tool in the bag.

Thank you for your interest in this matter.

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SEP 29 2015

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Marita Vike

I don't believe that anyone with less than 2500+ hours should be able to do acupuncture. Using clean needles is important to the patient to avoid infection. So my opinion

goes for the Licensed Acupuncturists who have a total
of 2500+ hours of training from an accredited college
and clinical practice of Acupuncture.

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Cristal Aguella

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works with alignment
- Physical Therapists, minimum 24 hours of training in Dry Needling.
works with muscles
- Athletic Trainers, minimum 24 hours of training in Dry Needling.
Never seen one
- Medical Doctors, with 0 to 300 hours of training.
works on overall health + referrals

Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back): *Ann Lyness*

Not sure there is even a question here. Why would anyone want someone working on them to help them get better that has little or no training in the field a specialty area. I see more of a cross over between Chiropractic + Physical therapy. I would never want any of the other areas wanting to play acupuncture on me.

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Your Name: And how many hours of training does a beautician have? Why is the POT Board able to make this decision? They are biased.

Ronna Kutz

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Vickie Richter

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Leslie Timmerman

Safety and true treatment

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: _____

Alexis R. Rietz
I have been receiving acupuncture treatments from a licensed acupuncturist for the past 20 years. During that time my health has improved

dramatically. This is due to the previous treatment and ongoing sessions with a licensed acupuncturist. I have had the opportunity to be treated by 2 different licensed acupuncturists. My results were the same due to their training. I have also had the experience of being "treated" by one who was not a licensed acupuncturist. The result of this was not beneficial and a waste of my money. If the goal of acupuncture is to increase one's health, relieve pain, and treat illness then this should be done by one who is highly qualified. It takes many hours of training and dedication to know the correct way and procedures needed to impact the health of others in a positive way. Non-licensed acupuncturists are dangerous and useless in my experience and opinion.

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Zonda Hall

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): SONJA CRAIN

ONLY THOSE WHO HAVE EARNED A LICENSING IN ACUPUNCTURE
SHOULD BE ALLOWED TO PERFORM ACUPUNCTURE

more on back...

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Your name: MARK MAYROSE

MY FEELINGS ARE THAT THIS SHOULD ONLY BE PRACTICED BY THE MOST EXPERIENCED AND EDUCATED PROFESSIONALS. THIS SHOULD MAKE THE PROCESS BOTH SAFER AND MORE EFFECTIVE FOR THE PATIENT.

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Your Name (required): Carol J. Cunningham

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Your Name (required): Paula Baker

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Amber L. Dakan

This practice is a professional application that should only be
utilized by licensed acupuncturists. This is for the safety of the
patient as well as the reputation and credibility of the acupuncture
community.

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Yes No

- Licensed Acupuncturists, 2500+ hours of education(including 700-900 hours of supervised clinical internship) resulting in Nationally Accredited Graduate Degrees.
- Doctors of Chiropractic, 100 hours of non-accredited, certified training.
- Physical Therapists, minimum 24 hours of training in Dry Needling.
- Athletic Trainers, minimum 24 hours of training in Dry Needling.
- Medical Doctors, with 0 to 300 hours of training.

Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Anne Fultz

Training is essential to ensure effective,
safe treatment. Please don't discount
the importance of supervised,

more on back...

Your Name: Anne Fultz

Clinical training of Licensed
Acupuncturists.

Additionally, the use of a Class II
Medical device - acupuncture needle -
should be considered reason enough
for only licensed practitioners
to be allowed to perform treatment.
The fact that unlicensed persons
can buy acupuncture needles, let
alone use them is concern enough.

Please carefully consider
and determine that only Licensed
Acupuncturists be allowed to perform
acupuncture, ensuring safety of
the public. Dry Needling should
not be allowed due to the invasive
and medical nature. Only those
with the proper, extensive training should
perform acupuncture. Anne Fultz

Public Response Request:

Dry Needling

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Lisa J. Jowers

more on back...

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Teri Bedard

more on back...

Public Response Request:

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): Susan Kozak

I truly believe in the benefits of acupuncture
but feel it MUST be done by a very qualified
person.

more on back...

Public Response Request:

Dry Needling

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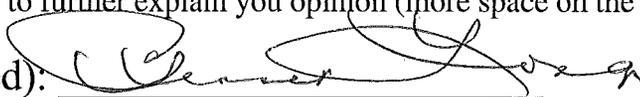
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Your Name (required):



more on back...

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your name: Dundsey Taylor 9/18/15

As with any speciality, proper training & experience
is vital to understand any possible effects &
complications.

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your name: HALESEY WASSON 9/18/15

I DON'T WANT SOMEONE WHO "KINDA" DOES ACUPUNCTURE AND A HANDFUL OF OTHER THINGS.

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: MARK BEQUAITH

Proper use of needle technique has proven a very
effective therapy for my lower back condition. Had I
experienced an unsuccessful (or potentially damaging) needle
therapy from an unskilled source, I'm sure I would

Have never discovered the true benefits of acupuncture.

These medical techniques have been in use for thousands of years, and their proper application - through a holistic understanding - can only be obtained w/ dedicated, in-depth study.

Quality acupuncture requires extensive training, ineffective (or dangerous) use threatens to deny or degrade an amazing health tool. Please protect it by restricting to only the most highly trained professionals.

- Mark Bennett

9/18/15

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: I experienced a sacre head injury

I feel acupuncture has helped the most in improving
my Conditions. I believe any practitioner should have
extensive training in their field and it seems licensed

Acupuntwists are the only ones with extensive
training in the practice of needling - Colby White 9/15

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your name: Leah Vos 9/18/15

Public Response Request:

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Spa Palintola 9-18-15

Public Response Request:

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: _____

Cindy Beongju

9/18/15

Public Response Request:

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Colleen Flores 9/18/15

Its pretty clear to me that the comparison between the requirements
of a licensed acupuncturist and other providers allowed to dry needle
are clearly not the same. I would never allow some one with so little
training dry needle me or anyone I love. This information is not
widely known and it would be too easy for someone to

end up with problems or complications

because they were unaware of the training and

experience requirement differences between providers.

Please do what is right and protect people from

blindly walking into a dangerous situation.

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: _____

Beth A. Ostein 9-18-15

Just using another name does not change that
they are trying to practice ~~an~~ acupuncture
without the necessary training. My health is
too valuable to risk with someone w/ no knowledge.

Public Response Request:

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name:

MELISSA SPOKONKOWITZ 9-18-15

Public Response Request:

SEP 25 2015

Dry Needling

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Please use the space below to further explain you opinion (more space on the back):

Your Name (required): ED AUGUSTINE

more on back...

Dry Needling

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Let us, and the Iowa Board of Physical and Occupational Therapy, know why you checked what you did (more space on the back):

Your Name: Gordon Reader 1101 58th St West Des Moines
IA, 50266

Manning, Judy [IDPH]

From: Paris Smith <pditty3905@yahoo.com>
Sent: Thursday, October 01, 2015 10:28 AM
To: Manning, Judy [IDPH]
Subject: Dry needling and Acupuncture

Hello,

I am writing to encourage you to keep allowing Physical Therapists in Iowa to perform dry needling on patients.

As a patient who has received dry needling as part of my treatment I have found it to be very effective and allowed relief of my symptoms quickly. Before my treatment the physical therapist was very thorough to explain the risks of the treatment as well as the difference between acupuncture and the dry needling process. It would be very disappointing if legislative restrictions limit the use of a procedure that is so effective. I have been to an acupuncturist before. It is completely different from dry needling. I have had so much success with dry needling. I would be **MORE** than disappointed if this right was taken away from physical therapists.

Thank you for your consideration.

Sincerely,
Paris Smith

Manning, Judy [IDPH]

From: Makayla Tremel <matremel@myrtuemedical.org>
Sent: Wednesday, September 30, 2015 12:04 PM
To: Manning, Judy [IDPH]
Subject: Dry Needling

Judy,

I am a physical therapist assistant. I work with two PT's who are certified in dry needling treatments. I'm fortunate enough to be able to experience dry needling treatments for two separate problems. My first encounter was to my cervical musculature. I had been having headaches almost every day and had been trying other type of treatments that were not helpful. After my first treatment, my muscle tension was drastically reduced. Since then (over a year ago), I have not had trouble with headaches.

On my second experience, I had developed an overuse injury from running. One day I was able to run 8 miles, but the next day I woke up with sharp pain and had difficulty walking. After receiving several treatments with electrical stimulation, I was able to get good pain relief. I'm now back to running and training for a half marathon.

Beyond my own experiences, I have worked with several patients who have received dry needling treatments from one of our PT's with great outcomes.

Makayla Tremel, PTA

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Manning, Judy [IDPH]

From: Joanne Frank <jofrank1@mchsi.com>
Sent: Tuesday, September 29, 2015 5:00 PM
To: Manning, Judy [IDPH]
Subject: dry needling

Dear Ms. Manning-

I would like to add my thoughts about the current question regarding educational requirements for dry needling. Although my father was a chiropractor, I feel certain that he would not approve of any procedure that did not require an adequate amount of education and training. This does not appear to be the case for dry needling in Iowa. Any medical procedure should be approached with a deep regard and appreciation for the time it takes to develop and apply the necessary skill. How is this philosophy applied to dry needling? It seems that regard for the patient has certainly taken a back seat to the desires of those wanting to use this procedure without adequate training. I suggest that the same requirements be applied to both those wanting the title of acupuncturist and those who desire to practice dry needling. This would certainly discourage those who were not serious about putting in the time and effort to become knowledgeable, and yet would encourage those individuals who were concerned about patient care.

Sincerely,

B. Joanne Frank
3109 E.32nd Ct.
Des Moines, Ia. 50317

Manning, Judy [IDPH]

From: Darla Hansen <dhansen@myrtuemedical.org>
Sent: Tuesday, September 29, 2015 10:00 AM
To: Manning, Judy [IDPH]
Subject: dry needling

Judith,

I have received dry needling for a chronic hamstring issue. It benefitted me and I would like for it to continue to be available through physical therapy.

Thank you,

Darla Hansen

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Manning, Judy [IDPH]

From: Michelle Mulligan <michelle.mulligan@myrtuemedical.org>
Sent: Tuesday, September 29, 2015 10:03 AM
To: Manning, Judy [IDPH]
Subject: PT Dry Needling

Hi Judith! I am writing to let you know that dry needling has helped many of our patients to ease their pain and increase their function for everyday life. I hope this continues to be available through PT services.

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Manning, Judy [IDPH]

From: Michelle Mulligan <michelle.mulligan@myrtuemedical.org>
Sent: Tuesday, September 29, 2015 10:08 AM
To: Manning, Judy [IDPH]
Subject: PT Dry Needling

Hi Judith! I am a PTA and I am writing to let you know what dry needling has helped many of our patient with their pain, mobility and function. I am hoping that we can continue to provide this service to our PT patients.

Michelle Mulligan ,PTA

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SEP 28 2015

2408 48th Place
Des Moines, IA 50310
September 20, 2015

To the Iowa POT Board:

Most people would not want someone else to poke them with needles! However, for the past five years, that is precisely what I have had done to deal with medical conditions and pain. I am concerned about the number of people claiming to know acupuncture without having the actual training. I myself was duped by a chiropractor claiming to do acupuncture.

I have had chronic back pain and arthritis for years. Medications for both ultimately caused ulcers. I needed an alternative. Once I found a practitioner who was properly trained in traditional Chinese medicine, I finally found relief. Now I'm hearing about the practice of "dry needling" being done by physical therapists. This should not be allowed! Besides probably being ineffective, the practice of acupuncture by insufficiently trained and non-accredited therapists could have dire consequences. There is an enormous difference in the amount of training completed by licensed acupuncturists and that experienced by physical therapists.

The accredited acupuncturist has a Master of Science in Oriental Medicine. This training includes clinical observation, clinical internships practiced under supervision, and classroom clinical hours spent learning the safety and effective use of acupuncture needles. Overall this culminates in 2500+ hours of training. Additionally, accredited acupuncturists must have 60 hours of continuing education every four years. All of this must be accomplished in a nationally accredited program. So why not allow physical therapists to do "dry needling"? The lack of training is a primary reason! Physical therapists need only to complete 25 hours of training, with only 13.5 hours of actual hands-on practice. They are using acupuncture needles which are considered a medical device by the FDA. This could lead to either ineffective or downright dangerous outcomes! Having a practitioner with too little knowledge is a hazard to an unsuspecting client.

Being treated by a licensed and accredited acupuncturist can result in lasting benefits for patients. Some treatments bring immediate relief, while some have long-lasting effects. As someone who has experienced treatment by both a non-accredited chiropractor and a fully accredited and experienced acupuncturist, I can tell you the difference is immeasurable. Would I want a physical therapist to put needles in me? NO! Will I continue with a licensed acupuncturist? Absolutely, YES! I urge you to take action which will eliminate the practice of "dry needling" by physical therapists and ensure the safety and health of Iowans.

Sincerely,


Susan Pundzak